

Registration Information

- All registrations must be made online @ <http://www.ahecregistration.org>
- Fees:


	FLCA Members:	Non-members:
Through 3/5:	\$169	\$199
After 3/5:	\$185	\$215
- Early Bird registrations must be purchased by March 5th, 2010.
- Registrations purchased after March 5th must include the additional \$16 fee. Registration deadline is April 2nd. **There will be NO on-site registration.**
- Registration fee includes Friday dinner, Saturday continental breakfast, and Saturday lunch.
 - Friday's Dinner entrée choices: Chicken Parmesan over Penne Pomodoro or Pasta Primavera (vegetarian)
 - Saturday's Lunch choices: Tomato Basil Soup, Chicken Salad Sandwich on an Egg Roll and Pasta Salad or Vegetarian Cobb Salad.
- Payments may be made online by credit card or by mailed check (must be received to complete registration). FLCA membership may be completed during registration.
- Confirmation of your registration will be sent to the email address you provide in registration.
- FLCA supports nursing mothers. This is a professional conference and out of respect for the attendees and speakers we ask that only quiet nursing babies 3 months and under in arms attend. **There is no room for strollers or car seats.** Please bring a caretaker to assist with your baby's needs and their baby noises.
- The information on this brochure may be printed and shared, and is available online at <http://www.flca.info>.

CANCELLATIONS AND REFUNDS

For cancellations with a refund, less a \$35 handling fee, requests must be received by March 19th, 2010. Contact Northeast Florida AHEC for a refund at 904-482-0189 or lpease@northfloridaahec.org.

FLCA Membership

FLCA welcomes lactation consultants, breastfeeding lay counselors and other health educators. The price for a general membership is \$30.00; other options are available. Meetings are held 4 Saturdays per year in February, May, August, & November.


c/o Ellen Simpson
2835 Baysshore Trails Drive
Tampa FL 33611

2010: Breastfeeding and Beyond



Artwork by Birgit Amadori (www.breastfeeding-art.com)

**April 9-10, 2010
Orlando-Lake Mary
Marriott
Lake Mary, Florida**

*Sponsored by:
Florida Lactation
Consultant Association*

Course Objectives:

By the end of this conference the attendees will be able to:

- List current key ingredients for effective breastfeeding.
- Identify two of the most critical factors that negatively affect lactation outcomes after breast augmentation and reduction surgeries.
- List examples of ethical conflicts.
- Identify three counseling methods sensitive to the emotional journey and special needs of mothers with low milk production.
- Identify the hormonal and mechanical disruptions maternal obesity imposes on lactation and offer management strategies to optimize breastfeeding for obese mothers.
- Identify three effective methods of breastfeeding counseling with the new generation of "Millennial Moms."

Accommodations

Hotel reservations may be made through the Orlando Lake Mary Marriott. Please call 800-380-7724, or 407-995-1100, and identify that you are a registrant of the conference, for the special rate of \$106 per night (plus tax)

This rate will be available until 3/8. After that the rooms are released to the general public. You can make reservations by phone for 4/9 & 10.

Hotel amenities:

- Heated pool, hot tub, Jacuzzi, whirlpool, fitness center
- Coffee maker, hair dryer, iron and board in every room
- Free high speed internet in every guest room
- Restaurant and lounge onsite

Driving Directions

From the West- I-4 to Exit 101A. Turn left onto County Road 46A from the exit ramp. Go 2 lights and turn left onto International Parkway. Hotel is on your left. **From the East-** I-4 to exit 101A, go left off the exit to International Parkway. Turn left, and hotel is on your left.

Our Speakers

Amy Spangler, MN, RN, IBCLC is a wife, mother, nurse, lactation consultant, educator, author, and breastfeeding expert. Amy formerly served as a president of ILCA and chair of the United States Breastfeeding Committee. She has worked with mothers, babies, and families for over 30 years. She and her husband live in Atlanta, GA, and have two sons. Amy currently serves as president of Baby Gooroo (www.babygooroo.com)

Diana West, BA, IBCLC, is a lactation consultant in private practice, co-author with Diane Wiessinger and Teresa Pitman of the 8th edition of La Leche League International's *The Womanly Art of Breastfeeding*, which will be published in 2010 and co-author with Lisa Marasco of *The Breastfeeding Mother's Guide to Making More Milk*, as well as other books and numerous magazine articles. She lives with her husband and three sons in western New Jersey. (www.lowmilksupply.org) & (www.lactspeak.com/speakers/DianaWest/)

Cecilia Jevitt, CNM, PhD is an associate professor of midwifery and nursing with the Colleges of Nursing and Medicine at the University of South Florida. She has served as the Southeast regional representative for the American College of Nurse-Midwives (ACNM) since 2007. Her research specialty is obesity management and prevention in women's health. She has recently studied the effect of obesity on breastfeeding. She has practiced full scope midwifery in the Tampa Bay area for more than 25 years. (health.usf.edu/medicine/obgyn/facstaf/jevitt.htm)

Accreditation

NURSING: Northeast Florida AHEC, Inc. is a Florida Board of Nursing Approved Provider of continuing nursing education, CE Broker #50-1458. This program meets the requirements for up to 8.0 contact hours. **CERPS** have been applied for from IBLCE and accreditation by the Commission on Dietetic Registration is pending. **NOTE:** Attendance of the entire conference (until 5PM Saturday) and completion of a program evaluation will be required to successfully complete the program.

Schedule

Friday April 9, 2010

4:00-6:00 PM	Registration/Exhibits
6:00-7:00 PM	Welcome and Dinner
7:00-8:30 PM	<u>Keep it Simple: What Parents Need to Know or Not</u> Amy Spangler, MN, RN, IBCLC
8:30-9:30 PM	FLCA meeting

Saturday April 10, 2010

7:00-7:45 AM	Registration/Breakfast, Exhibits open
7:45-8:00 AM	Welcome/Announcements
8:00-9:00 AM	<u>Breastfeeding after Cosmetic Surgery</u> Diana West, BA, IBCLC
9:00-9:15 AM	Break/Exhibits
9:15-10:45 AM	<u>Ethics: Are we Practicing what we Preach?</u> Amy Spangler, MN, RN, IBCLC
10:45-11:00 AM	Break/Exhibits
11:00AM-12:30PM	<u>Counseling Mothers about Low Milk Production</u> Diana West, BA, IBCLC
12:30-1:30 PM	Lunch/Exhibits
1:30-3:00 PM	<u>Breastfeeding Support for Obese Mothers</u> Cecilia Jevitt, CNM, PhD
3:00-3:30 PM	Dessert Break/Coffee/Tea/Exhibits
3:30-4:30 PM	<u>Helping Millennial Moms Breastfeed</u> Diana West, BA, IBCLC
4:30-5:00 PM	Evaluations/Exhibits closed